

# THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

**Navajo Department of Health**  
**Health Advisory Notice (HAN)**  
**COVID-19 Community Advisory No. 10 —Safety Precautions**

**WINDOW ROCK, AZ** – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from December 18-31, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Aneth	Kayenta	Rock Springs
Baca/Prewitt	Lake Valley	Rough Rock
Beclabito	Lechee	Round Rock
Bird Springs	Leupp	San Juan*
Black Mesa	Littlewater	Sanostee
Bodaway/Gap	Lukachukai	Sheepsprings
Cameron	Lupton	Shiprock
Casamero Lake	Mariano Lake	Shonto
Chichiltah	Mexican Springs	Smith Lake
Chinle	Nageezi	St. Michaels
Churchrock	Nahatadziil	Standing Rock
Coppermine*	Nahodishgish	Sweetwater*
Cornfields*	Naschitti*	Tachee/Blue Gap
Coyote Canyon	Nazlini*	Teec Nos Pos
Crownpoint	Nenahnezad*	Thoreau
Dennehotso	Newcomb	Tohatchi
Ganado	Oaksprings	Tonalea
Hard Rock	Oljato	Torreón*
Hogback	Pinedale	Tsaile/Wheatfields
Houck	Pinon	Tsayatoh
Indian Wells	Ramah*	Tuba City
Inscription House*	Red Lake	Twin Lakes
Iyanbito	Red Rock	Upper Fruitland
Jeddito	Red Valley	
Kaibeto	Rock Point	

\* Chapters added in the new 14-day period (December 18-31, 2020).

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

**People at Increased Risk for Severe Illness**

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

**Might be at Increased Risk for Severe Illness**

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website:

<http://www.ndoh.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.